

**MORALE, WELFARE AND RECREATION DEPARTMENT**  
**Naval Support Activity Monterey**  
**Monterey, CA 93943**

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From: Quality of Life Director  
To: Distribution

Subj: MINUTES OF THE MORALE, WELFARE AND RECREATION (MWR)  
ADVISORY BOARD MEETING OF 1 SEPTEMBER 2004

Ref: (a) NAVPGSCOLINST 1700.2B

1. In accordance with reference (a), the MWR Advisory Board Meeting commenced at 1006 on Wednesday, 1 September 2004, in the La Novia Room, Herrmann Hall, Naval Postgraduate School (NPS).

2. Members and Guests Present

<u>Name</u>	<u>Title &amp; Organization</u>	<u>Email Address</u>
James Thomas	Quality of Life Director/MWR	<a href="mailto:jrthomas@nps.edu">jrthomas@nps.edu</a>
Darlene Raish	Leisure Services Manager/MWR	<a href="mailto:draish@nps.edu">draish@nps.edu</a>
Megan Ryan	Child and Youth Services Director/MWR	<a href="mailto:mdryan@nps.edu">mdryan@nps.edu</a>
Dave Stockly	Golf Course/RV Campground Manager/MWR	<a href="mailto:dstockly@nps.edu">dstockly@nps.edu</a>
Loy Vincent	Fitness Center Manager/MWR	<a href="mailto:lvincent@nps.edu">lvincent@nps.edu</a>
MAJ John Donahoe	Student Services	<a href="mailto:jjdonaho@nps.edu">jjdonaho@nps.edu</a>
Terry Siegrist	Director of Outdoor Recreation, DCA-POM	<a href="mailto:Terry.siegrist@Monterey.army.mil">Terry.siegrist@Monterey.army.mil</a>
Simon Lupton	General Manager/NEX	<a href="mailto:Nex_Monterey-gm@nexnet.navy.mil">Nex_Monterey-gm@nexnet.navy.mil</a>
RP1 Lucy King	LPO, Command Religious Program/NPS	<a href="mailto:llking@nps.edu">llking@nps.edu</a>
Amy Caudillo	Community Activities/ITT Manager	<a href="mailto:Amclose@nps.edu">Amclose@nps.edu</a>
Mary Lou Pilnick	Director, Eagle's Eye Gallery	<a href="mailto:Marylou@watercolorhouseportraits.com">Marylou@watercolorhouseportraits.com</a>
Mary Jo McDonough	International Activities Coordinator/DRMI	<a href="mailto:mjmc dono@nps.edu">mjmc dono@nps.edu</a>
Melita Calub	Administrative Assist/FFSC	<a href="mailto:mc alub@nps.edu">mc alub@nps.edu</a>
AGCM Arthur Deicke	Command Master Chief, FNMOC	<a href="mailto:Art.deicke@fnmoc.navy.mil">Art.deicke@fnmoc.navy.mil</a>

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Ed Kloth	Fleet Reserve Association	<u>lored@mbay.net</u>
CTAC Bonnie Simpson	SEA/NPS	<u>bbsimpso@nps.navy.mil</u>
Tom Rowley	Representative, Military Officers Association of America (MOAA)	<u>Tr2004@webtv.net</u>

3. Mr. Thomas asked for a motion to approve the minutes from the last meeting. Ms. Raish made a motion to approve the minutes as written, and Mr. Vincent seconded.

4. Old Business

a. New Lockers. Mr. Thomas reported that 40 new lockers have been ordered for bikers to encourage physical fitness of riding bikes to work and help alleviate the base-wide parking problem.

b. Access to Housing Information for New Students. Mr. Rowley reported that he visited the FFSC; they have two computers with Internet connections that are available during working hours. The Trident Room also has a computer, which is accessible in the day and evening hours. Mr. Rowley suggested that a computer be available at the Navy Lodge, possibly in the lobby area--it would be helpful for new students staying at the Lodge to have Internet access.

Mr. Lupton will check on the feasibility of adding a computer in the lobby at the Navy Lodge.

5. Activity Updates

a. Club Del Monte, Mr. Thomas. Discussed status of the East and West Wing renovation project. It is unclear at this point how the renovation will impact the Club, specifically, services in the El Prado Dining Room and Trident Room during the evening.

- "The World's Largest Sandwich Ever Made in Monterey!" Part Deux--NPS Student, Staff and Faculty Appreciation Day. Please join us on Thursday, 30 September, 11 a.m. to 1:30 p.m. on the lawn at Herrmann Hall. A 200 foot long sandwich will be served for free to all who show up to celebrate. There will be lots of fund for the whole family - A Bouncing House for the kids and live entertainment will be provided by "The Openers". Regular El Prado lunch operations will be closed this day.

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- September Weekly Dinner Specials

Monday	Fresh Seafood Cioppino with Shrimp, Calamari, Crab and Mussels, Served with Fresh Caesar Salad and Garlic Bread; Adults \$9.50, Children 5 - 10 \$4.75, Under 5 \$3.00
Tuesday	Slow Roasted Prime Rib with Aus Jus Accompanied with Horse Radish, Baked Potato & Sour Cream and Chef's Choice Dessert; \$13.00
Wednesday	Chicken Gumbo Served with Steamed Rice and Fresh Green Salad; Adults \$7.75, Children 5 - 10 \$4.00
Thursday	<u>Family Night</u> : BBQ Smoked Beef Brisket Served with Mashed Potatoes and Fresh Vegetables and Cookies for Dessert; Adults \$8.00, Children 5 - 10 \$4.00
Friday	Fried Shrimp with Roasted Herbed Potato Wedges and Vegetables; Adults \$9.00, Children 5 - 10 \$4.50

- October Weekly Dinner Specials

Monday	Fresh Seafood Cioppino with Shrimp, Calamari, Crab and Mussels, Served with Fresh Caesar Salad and Garlic Bread; Adults \$9.50, Children 5 - 10 \$4.75, Under 5 \$3.00
Tuesday	Slow Roasted Prime Rib with Aus Jus Accompanied with Horse Radish, Baked Potato & Sour Cream and Chef's Choice Dessert; \$13.00
Wednesday	BBQ Baby Back Ribs Served with Baked Beans and Coleslaw; Adults \$8.00, Children 5 - 10 \$4.00.
Thursday	<u>Family Night</u> : Penne Pasta with Meat Sauce Served with Garlic Bread; Adults \$7.50, Children 5 - 10 \$3.75
Friday	Steamed Dungeness Crab Served with Baked Potato & Sour Cream and Sautéed Fresh Vegetables; Adults \$14.00, Children 5 - 10 \$7.00

*The above dinner specials are served in the El Prado Dining Room, Basement of Herrmann Hall, from 4 - 9 p.m. For more information on the above events, please call 656-2170.*

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b. Leisure Services Division, Ms. Raish

(1) Blue Water Cove Marina

(a) The Category C waiver was approved by Navy Personnel Command. The concessionaire contract for the marina operation is at the Region NAF Contracting Office for review and assignment of a contract number. MWR will be accepting bids, shortly, for the operation.

(b) Contract should be out by the end of month for the dock renovation.

(2) Monterey Bay Athletic Center (MBAC)

(a) We will be resurfacing the floors in the gym, racquetball court, and aerobics room. We are working out a schedule to get the work done between classes.

(b) We are taking 80 of the existing lockers and turning them into full-length lockers in the bathhouse. We have also ordered the additional bike racks that will have a corresponding locker. Fitness Center staff will be monitoring the proper use of the lockers and bike racks. The floor-length lockers will be the same charge as the regular lockers.

Mr. Thomas commented on increase in MWR budget.  
We have been told to program for an increase in the MWR budget because we are getting back a portion of the budget cut we had received. Top of the list is expanding gym hours on weekends and improving Single Sailor Program. We will announce changes when they occur later in the month.

(c) Sports

Basketball--Now is the time to sign up for adult basketball.

League Begins: Monday, 4 October  
Game Days: Mondays and Wednesdays  
Time: 1800, 1900, 2000  
Rosters due: Wednesday, 22 September  
Meeting: Wednesday, 22 September, at the  
Gym at 1600

Contact Sue Robinson for more information, 656-2497.

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Volleyball--Now is the time to sign up for adult volleyball.

League Begins: Tuesday, 5 October  
Game Days: Tuesdays and Thursdays  
Time: 1800, 1900, 2000  
Rosters Due: Thursday, 23 September

Contact Sue Robinson for more information, 656-2497.

Football--Now is the time to sign up for football.

League Begins: Tuesday, 5 October  
Times: Vary  
Coaches Meeting: Tuesday, 28 September at Price  
Fitness Center, DLI at 1730

*P.O.C. Anyone at NPS interested in playing in the DLI league should email Mike Jefferson*

(b) Fitness, Mr. Vincent. We will be setting up a circuit room after 1 January 2005 in a 500 square foot area of the men's bathhouse locker room. The room will be able to accommodate 18 people at a time and will have strength machines interspersed with cardio machines.

Nutrition Class -- Eating Habits for Brain Food

Date: Thursday, 2 September  
Time: 11 a.m.- 12 noon  
Cost: Free to all members  
Location: MBAC

Aerobic and Strength Classes (approximately one hour classes--free to active duty, all others need an Aerobic Card)

<b>Step:</b>	Mondays and Wednesdays at 0600--Dee will wake you up--Step or Step-n-Sculpt
<b>Spin Class:</b>	If you can get a spot - check out J.P.'s Spin class Mondays and Wednesdays at 1730, or Laura's class on Tuesdays and Thursdays at 1200 noon (stationary cycling to music)

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<b>Power Flex:</b>	Very popular total body strength training class taught to music. Mondays and Wednesdays at 1100 or Tuesdays and Thursdays at 1630
<b>Capoeira:</b>	A Brazilian exercise--Strengthen your core muscles and enhance your mobility and stability. Every Tuesday and Thursday from 1830 - 1930. Cost: \$40 month, \$12 week or \$6.50 day
<b>Cardio Kick:</b>	You don't have to be into martial arts to do this cardiovascular workout on Mondays and Wednesday at 1200 noon (changed from Tuesdays at 0930)
<b>Step:</b>	On Tuesdays and Thursdays at 1730--Deborah will keep you Stepping to the beat

**Holiday Fitness Challenge.** Begins 18 October--Eight week exercise incentive program to get you ready for the holidays. Earn exercise points for every half hour of ANY exercise. Contact the MBAC for details at 656-3118. Free to all members or for \$10 you can earn a specially designed T-shirt.

*\*\* Look for our NEW Computerized Physical Assessment Evaluations, coming in the FALL.*

(3) Information, Tickets and Tours (ITT)/Liberty/Community Events/Movies, Ms. Caudillo

(a) ITT

- **Disney on Ice presents "Disney Magical Moments."** Tickets will be available at the ITT Office for the shows on 30 October for \$20 each.
- **"Salinas Air Show"**. 2 - 3 October--stop by ITT for tickets. Adult \$10; children \$6.50. Children age five and under are free!
- **"New Entertainment Books"** are available for \$20
- **Navy Ball Tickets.** Tickets will be going on sale at ITT soon.

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- New Tours

<u>Date</u>	<u>Tour</u>	<u>Cost</u>
02 Oct	San Jose Sharks vs. Anaheim Ducks	\$40
09 Oct	Monterey Wine Tour	\$45
16 Oct	Great America	\$35
23 Oct	San Francisco Museum Tour	\$30
30 Oct	Winchester Mystery House Halloween	\$40
06 Nov	San Francisco Get Acquainted Tour	\$23
13 Nov	San Jose Sharks vs. Vancouver	\$40
21 Nov	Oakland Raiders vs. San Diego Chargers	\$70
26/27 Nov	Reno Tour	TBA
05 Dec	Raiders vs. Kansas City	\$70
11 Dec	San Jose Sharks vs. Carolina Hurricanes	\$40
18 Dec	San Francisco Shopping - Union Square	\$23

(b) Community Events

- Halloween Party. Halloween night in the Trident Room—DJ, costume contest, games and prizes.

(4) Monterey Navy Flying Club, Ms. Raish. Provided update on the clean up project at the flying club.

c. Golf Course/RV Park Division, Mr. Stockly

- (1) Well project found high quality water.
- (2) Fair parking grossed \$37K.
- (3) Regular maintenance program Thursday on the driving range.
- (4) Pro shop has a new look.
- (5) Tour edge demo day planned for 9 October 2004.

d. Child Development and Youth Division, Ms. Ryan

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(1) National Association of Education for Young Children validate visit conducted. We are waiting results of re-accreditation.

(2) We have a new Teen Sports Coordinator, Steve Duran, for our youth programs.

(3) New fee policy letter from DOD for child care and school age care fees expected soon; implementation of new fees approximately 1 November.

(4) Parent's Night Out, Friday, 15 October, 6 p.m. - 12 a.m. The Child Development Center will be offering FREE childcare for children 6 weeks to 12 years old of active duty military families. Fun games and activities will be provided while parents enjoy the night out. Spaces are limited so mark your calendar and reserve your space starting Monday, 11 October. Parent's Night Out Registration will be accepted from 2 p.m. to 4 p.m. only starting Monday, 11 October, through Friday, 15 October. For more information call the CDC at 656-2734.

6. FFSC, Ms. Calub

a. Ms. Mazzotta will be on leave from 13 September to 4 October.

b. Distributed flyers of upcoming events.

7. NEX, Mr. Lupton

a. Gas station pumps are open 24-hours a day for the convenience of authorized NEX patron credit card holders.

b. Halloween items now for sale at NEX.

c. NEX barbershop is now at full staff and will now be open Saturdays from 9 a.m. - 3 p.m. and we will begin an appointment system soon.

8. Directorate of Community Activities, MWR-DLI, Mr. Siegrist

a. Ski season information will be advertised 1 October.

b. We have Heavenly Valley two-day weekend ski packages available this year.



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c. All of our activities and programs are on our website at [www.pom-odr.com](http://www.pom-odr.com) and the NPS ITT office has information available also.

9. MWR Facilities, Mr. Thomas

a. El Prado Dining Room Renovation. Renovation planned to begin on 22 November. We will be replacing the carpeting, ceiling, lighting, pictures, and food service equipment and uncover and restore the mural on the back wall behind the bar.

10. New Business

a. MAJ Donahoe provided update on upcoming Faculty, Staff and Student Award Ceremony, graduation and Navy Ball. Tickets for Navy Ball will be available at the ITT Office.

b. Mr. Kloth distributed FRA flyers to board members and asked that they post within their organizations in order to advertise to active duty members.

11. With no other items from the members, Mr. Thomas thanked everyone for attending and adjourned the meeting at 1106. The next meeting is scheduled on Wednesday, 3 November 2004, at 10 a.m. in the La Novia Room, Herrmann Hall, NPS. NPS and tenant commands are invited to send a representative.

  
JAMES R. THOMAS

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